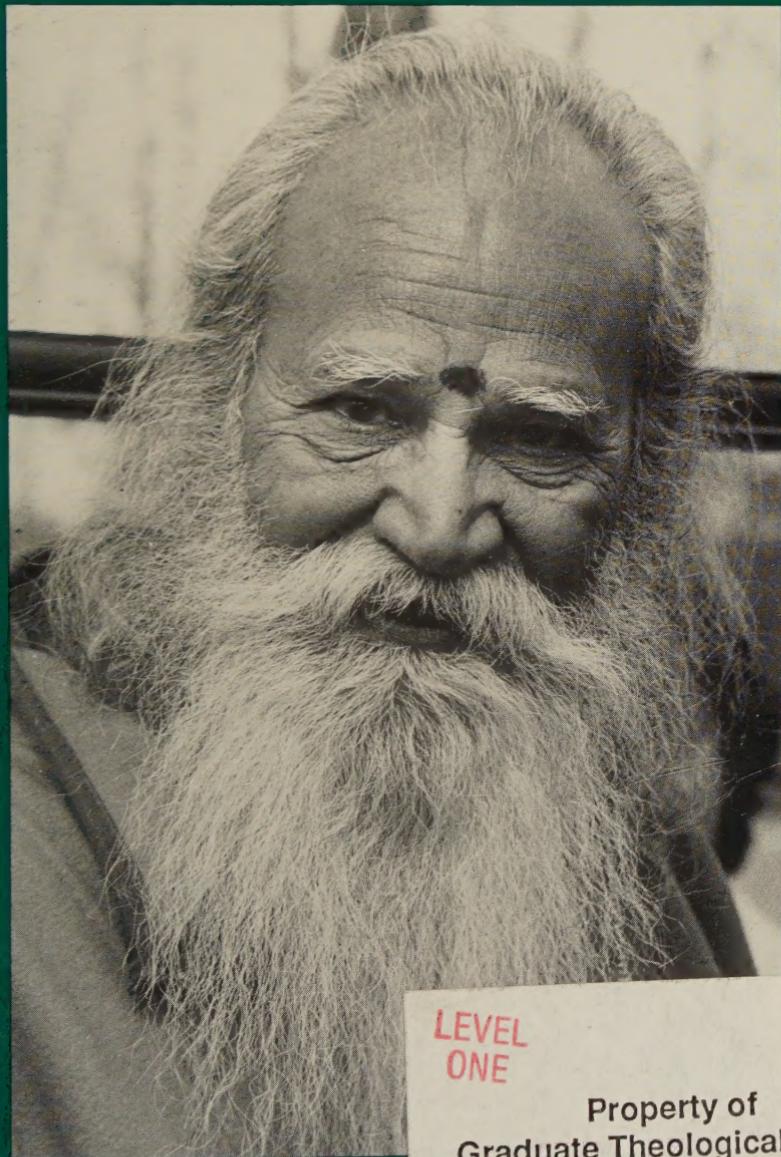


Integral Yoga®

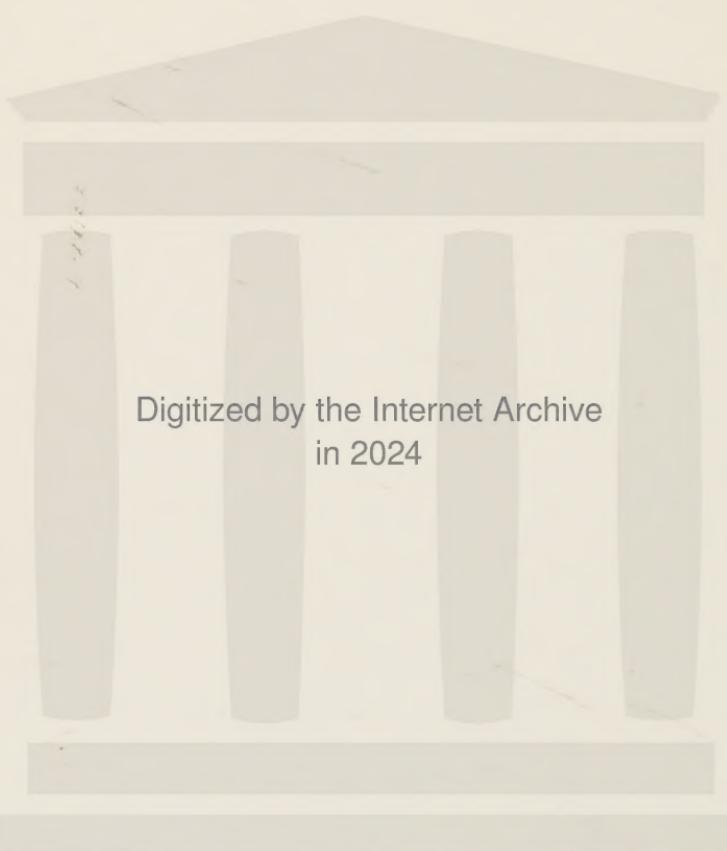


LEVEL
ONE

Property of
Graduate Theological Union

THE TEACHINGS OF SRI SWAMI SATCHIDANANDA
Fall 1991

\$3.00



Digitized by the Internet Archive
in 2024

TABLE OF CONTENTS

LETTERS TO SRI GURUDEV	2
HEAL YOURSELF	
by Sri Swami Satchidananda	5
PURIFY! PURIFY! PURIFY!	
by Sri Swami Sivananda	7
POEM	
by Sadhu Vaswami	8
LAUGH YOUR WAY TO HEALTH	
by V.P. Vaswani	9
IN MEMORIAM: RAJIV GANDHI	
PEACE FOR THE GODS	12
by Finley Hooper and Matthew Schwartz	13
THE DHARMA OF DEBT	
by Hari Barker	14
HATHA YOGA AND HEALTH	
by Sharada Bower	16
GURU POORNIMA: A SILVER ANNIVERSARY	
by Kumari de Sachy	17
THE EARTH'S TRUTH	
SWAMIJI, THE PEACE I SEE	24
by Judy Korte	25
DAY-BY-DAY WITH SRI GURUDEV	
26	

INTEGRAL YOGA®: Vol. 23, No. 3, FALL '91. Copyright © 1991. Satchidananda Ashram-Yogaville. ISSN 0161-1380. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Published by Integral Yoga Publications at Satchidananda Ashram-Yogaville, Buckingham, VA 23921 U.S.A.

INTEGRAL YOGA® is published quarterly. Subscriptions are \$12 per year (\$18 outside the United States), sent to above address. This issue is sponsored by the IYI of New York.

LETTERS TO



INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. In these centers the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yoga - as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also available.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the Audio-Video, Publishing and Distribution departments, the Fine Arts Society, the elementary school, an affiliated Credit Union, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine), a shrine dedicated to the Light of all faiths and to world peace, is open to the public and is located in Yogaville, Virginia.

For more information, to arrange an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

[Our three-year-old daughter] Jaishree said something the other day that was so sweet that I wanted to share it with you. Her father, Hariharan, was playing with her and, at one point, he gave her a big hug and asked, "How did you ever get so sweet?" To which she replied, "God made me this sweet." Then Hariharan asked, "Who is your God? What is His Name?" Without even thinking about it, she replied, "The God of the Heart is my God." We just sat there in awe of this beautiful child that you have put in our charge. Thank you, Gurudev. We are so grateful.

—The Goodman Family
Yogaville, Virginia

I remain delighted when I consider the part you play in our world.

I take this opportunity to wish you the choicest of blessings on this Gurupurnima 1991. May you continue to fill the hearts of all and everyone with your Godly grace.

You shall always have a very special place in my heart. Om Shanti.

—Brother Charles
Virginia

I'm writing to thank you for your book, *The Golden Present*. I felt I had to write to tell you the story of how I came to buy this wonderful book.

About a month ago, someone gave me a meditation tape, "Contacting your inner-guide." I didn't expect anything to happen, but I gave it a try. In my meditation, I was in the woods; I walked to a small cottage, where, I knew, I would meet my guide. It was very exciting to think that I was going to meet a wise old soul who would, once and for all, answer all my questions.

I waited, and, finally, I saw him walking up the path towards the open door. The sun was so bright behind him that it looked as though he were walking out of the sun. He entered the room and sat down across from me. He had a book in his hand, and I thought, oh boy, he's going to read to me. He didn't say anything for a few minutes. I

SRI GURUDEV

we to admit that I was getting impatient with my guide. I wanted to say, okay, tell me everything you know. I could tell from the look on his face that he knew what I was thinking.

Then, he spoke. "There is no Love on this earth that can compare to the Love in Heaven." That's it. That's all he said. My first thought was, Why are you telling me this? I know that." He had no more. He left; then I left. My meditation was over. I never saw him again.

Then, last week, I was in my favorite bookstore, looking for a specific book: spiritual, uplifting, wise, but non-religious. I couldn't find anything. I was ready to give up when—there it was. *The Golden Present*. And—there he was. My Guide, the one I saw in my meditation! I couldn't believe it: everything in the picture exactly as I had seen it. I told my sister, who was with me: "Look, it's him." She couldn't believe either. She said, "You know, you have to get that book." I was almost afraid to touch it; it seemed so real, like his spirit was in the book itself.

Needless to say, I have the book. And, I'm very happy with it. I'm no longer angry at my side. Thank you sincerely,

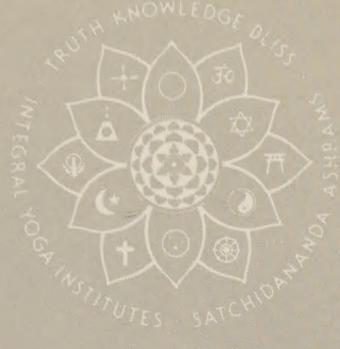
—M. B.
New Haven, CT

I visited my daughter, Uma, about two months ago. You may remember, we met again at that time.

I feel an urge to tell you that it was a fascinating and enjoyable visit. I came away with great respect for you because of the way people in your Ashram impressed me. They seemed at peace with themselves and each other. There was a air of contentment among them. The world I live in is a completely different place. I believe you've achieved something quite remarkable. Your personal leadership makes it all possible.

I wish you the best of everything and a long life to enjoy.

—A. M.
New York, NY



Integral Yoga Magazine

Founder-Director
Sri Swami Satchidananda

Supervising Editor
Swami Prakashananda Ma

Editor
Kumari de Sachy

Art Director
Sumati Metro

Editorial Staff
Abhaya Thiele

Printing
Charlottesville Press

Photography
Chandra Lipscombe
Saraswati Neuman
Swami Premananda Ma
Swami Sharadananda Ma

SRI SWAMI SATCHIDANANDA
(called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. Dedicated to the ecumenical movement, his motto is: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely. Through every possible medium—lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the world—he shares his knowledge in the fields of education, religion, health and Yoga.



HEAL YOURSELF

by Sri Swami Satchidananda

You can become your own doctor. In Yoga you bring health to yourself by eating proper food, taking enough rest, fasting, eliminate all the toxins, and doing Yoga postures, while avoiding any which might aggravate pains you have. The breathing practices are also very important. You can heal yourself with fasting and by deep breathing and by directing *prana* to the affected area.

Visualize the part where you have the pain. When you breathe in, direct your attention to the area. Feel that you are taking *prana* from outside; you are taking in beautiful vitality, which is given by God through nature. Breathe in as if you are swallowing gallons and gallons of vitality. Feel that it is going directly to the place that aches. Hold your breath for a few seconds while thinking that it is going there and building up that area by removing the dead diseased cells and tension. Then, when you breathe out, feel that you are throwing it all of the illness. It's a beautiful practice. By doing this, you can cure many of the aches and pains in the body. *Prana* has that power. It can penetrate anywhere and everywhere—just through your thinking. That is the secret of Yoga practice.

Even if you miss doing the Yoga postures occasionally, don't miss the breathing practices, which, alone, will tone up all the glands. *Prana* is the best tonic. Simple breathing can heal. Just divert that energy to wherever you have a problem. Even if it's a long-standing illness, do a lot of *pranayama*, and, when you are practicing deep breathing, just feel that you are directing the *prana* to the affected part. But never

strain when you do the deep breathing. You're already breathing. Just do it a little deeper, that's all.

You don't always need a lot of doctors in your life. There's an old saying, "One doctor, consultation; two doctors, prescription; three doctors, cremation." Let us each take good care of ourselves. Medical knowledge is improving all the time, and it will continue to improve, but today's medicine is no good for tomorrow. Without sacrificing any life, we can still find ways to keep ourselves healthy. We don't have to torture animals to discover cures. If people just ate the right foods and led the right kind of life, there would certainly be no need for so many hospitals. Go back to nature and lead a natural life. Surely, prevention is better than the cure.

I suggest natural remedies for many ills. The elements themselves can cure the body. For example, if you have pain, you can use mud packs. Hot poultices or clay packs laid against the affected area will be helpful. Have you ever tried an oil bath? It's a complete lubrication and will remove very many ailments. Profusely apply the oil all over the body, massage yourself well, let the body soak in the oil for a half hour or so, then wash it off under a shower. Don't apply soap. Wipe away what's left with a towel. If you use sesame oil, it will take away the toxins and be very helpful for arthritis and rheumatic troubles.

The best agent of cleaning is clay. Soft clay smeared all over the body leaves the skin with a fine texture. Make a thin paste of soft clay and rub it all over the body. Allow it to dry for a couple of hours, then just wash

it off. See how beautiful your skin is. All the poisons are squeezed out. Earth has the maximum capacity to draw out all the toxins.

You can also heal your body just through your thinking. Every one of your thoughts has a certain power over your body. The actions of the mind are clearly visible in certain areas. Your glands change first. Isn't it true that the moment you think of a delicious candy, your salivary glands act? That is how your thoughts affect your body. If you think that you are sick, you are surely going to be sick. Think that you are healthy, and you are healthy. Remember, you become what you think. It's simple: Think well, you become well. Think very well, and others also become well. Yes, you can send *prana* to others. You can send a spiritual charge by your touch. If you're really charged with that *prana*, you can send it long dis-

tances by thought alone. You can even charge a material object with spiritual vibrations through a meaningful offering to God in the form of food, objects or talismans. You may then give or send this object to others or use it yourself. Good electricity conductors, such as gold, silver, and copper are also good for charging with spiritual vibrations, or *prana*.

Healing is a divine thing. I'm not quoting anything, nor must you accept what I say. There was a time at the beginning of my spiritual life when I did a lot of healing—sometimes without even seeing my patient. But, at a certain point, something dawned in me and said, "You shouldn't be doing any healing through your own projection. You should not think that *you* are doing anything. Let God's will act through you." ■

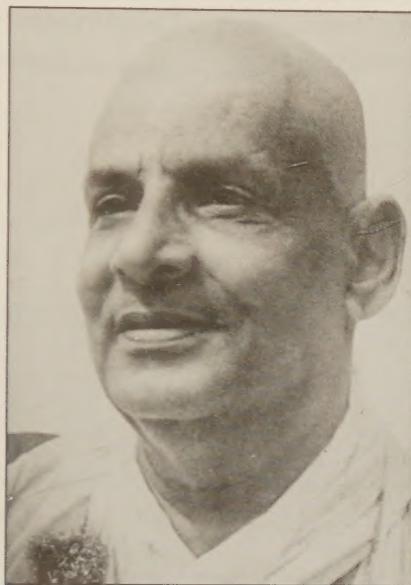
—from *To Know Your Self*

*"If we have not found heaven within,
it is a certainty we will not
find it without."*

—Henry Miller

PURIFY! PURIFY! PURIFY!

BY SRI SWAMI SIVANANDA



Purity is of two kinds—internal purity and external purity. Freedom from attachment and repulsion, purity of intention, purity of motive and purity of feeling constitute internal purity. Purity of body through bathing, purity of clothing, and purity of one's surroundings, for example the home and its neighborhood, constitute external purity.

If you take pure food, you will have a pure mind. If you have purity of mind, you will remember God. If you always remember God, the knots of the heart, namely, ignorance, desire and action, will be rent asunder. You will attain liberation and enjoy eternal peace.

Mental purity through ethical training is, therefore, of paramount importance if you wish to achieve success in meditation and God-realization. To contemplate or meditate with a mind perturbed by non-adherence to moral precepts is like building

a house on a weak foundation. You may erect the house, but it will surely fall. You may practice meditation for many years, but you will not realize any tangible result or fruit if you have no ethical training as a firm foundation.

You cannot wash the mind with soap and water to rid it of its impurities; but if you eradicate desires and attachment, the mind will be purified of its own accord. Desires move the senses. Desires can be controlled only if the senses are curbed. Fasting, for example, is commended by all creeds and religions. A person who fasts devoutly, at regular intervals, has clear-cut thoughts and an imagination that others cannot excel. His goal and aim in life can only be to attain immortality. His thoughts are sublime and firm and actions diligent. There is a transcendental glow on his face. He has the Kingdom of God on earth in his own personality. He never wounds the feelings of

others. His thoughts are like rays of light in the darkness of human life.

Purity is the pathway to the Kingdom of God. Without purity no spiritual progress is possible. Your soul is eternally pure. Through your contact with the mind and the senses, you have become impure. Regain your original purity through the repetition of the

Name of the Lord, through prayer, meditation, inquiry of "Who am I," through pranayama, study, keeping company with the holy, and through pure food. Purify your intellect, your heart, your speech, your body, your senses, and your vital energy.
Purify! Purify! Purify! ■

*I dream of a day when
nations of East and West*

*may be ready to accept this
message,—*

*the message of the one Religion
in all religions,*

the one Logos in all prophets,

the one Word in all churches,

the one Soul in all scriptures,

the one Atman in all nations.

—*Sadhu Vaswani*

Laugh Your Way To Health:

Practical Suggestions

by J. P. Vaswani

Learn to laugh at yourselves.

We often laugh at the oddities and weaknesses of others, but not at our own. We must learn to laugh at ourselves.

It has been rightly said that the person who can laugh at him- or herself is a delight to be with, applying to his or her ills and errors the most soothing balm the human spirit has desired: laughter.

Bishop Fulton Sheen narrates, with a merry twinkle in his eyes, an incident from his life, of how, one day, he visited a new place where he had to deliver a lecture at the Town Hall. He left the hotel early and decided to walk down to the Hall. Being a stranger to the city, he soon lost his way.

Approaching a group of little children, busy at play, he inquired, "Could you please tell me the way to the Town Hall?" One boy stepped forward and gave him the directions and then inquired, "Why are you going to the Town Hall?"

"To give a lecture."

"On what?"

"On the way to the Kingdom of Heaven!"

The child rippled with laughter and said: "You do not know the way to the Town Hall. How then can you tell the people the way to Heaven?"

Many of us think that we are the acme of perfection. But each one of us has so many oddities at which we can laugh.

The great sculptor, Daniel Chester, carved a statue of Emerson. Emerson sat in front of the artist while he was at work. One day, looking at the statue, the sage of America

exclaimed: "The more it resembles me, the worse it appears!"

Always look at the bright side of things.

Everything has two sides, the bright and the dark, or, as I would wish to put it, the bright and the less bright.

A king had a dream in which he found that all his teeth had fallen out. He wanted an interpretation of the dream. A dream-interpreter was sent for. He consulted the ancient books and said to the king: "O Sire! This is a most unfortunate dream. It signifies that all your dear ones—children, wife, relatives—will die during your lifetime." The king was utterly disappointed and ordered that the soothsayer be thrown into prison.

Yet another dream-interpreter was called for. He, too, consulted the same ancient books and said: "O King! This is a most fortunate dream. It signifies that you will survive all your dear ones. Long live the king!" The king felt happy and richly rewarded the soothsayer.

Both things mean the same. But it is the way you look at it. Always see the bright side of things.

If you would be happy, make others happy. The happiness that goes out of you to others comes back to you. Such is the law! Therefore, do at least one good deed of service every day.

A man met me and said: "I am poor in the wealth of the world and cannot give money and other things to those in need. I simply cut out cartoons, funny faces and jokes from newspapers and magazines, and collect them in an album. Every evening, I

carry the album with me to the children's ward of the Government Hospital. There I read out something funny from them and show them the cartoons and funny faces in the album. The little children in the throes of suffering and pain cannot help but laugh. As they look at the caricatures, they forget their suffering for a while and their faces begin to smile; some of them even laugh. Their laughter is infectious. Their eyes sparkle with delight as they temporarily forget their ailments. How they look forward to my daily visits!"

Cheerfulness is indeed a physical, mental and spiritual tonic. There is a touching little story told us of a Buddhist *Bhikku*. He was the son of a nobleman and lived in a palace. Coming under the influence of the Buddha, he renounces his wealth and comfort and accepts the hardships of a mendicant's life. He sleeps on the bare ground; he eats what he gets by way of alms. One day, he suddenly gets an attack of rheumatic pain. At first, he treats it with indifference. Days pass by; the pain persists. He cannot walk with ease. At times, he cannot meditate properly. He feels miserable. Gone is the joy from his life. However hard he tries, he cannot recapture the peace which once belonged to him.

One day, he finds a little girl playing with her friends. She is hobbling on sticks. But her face is a picture of joy. She is as happy as a wave dancing on the sea. Seeing her, the *bhikku* feels ashamed of himself. "The little girl has only one leg and is bright and happy," he says to himself, "and I, a disciple of the Buddha, despair because of a little pain!"

Sadness is not due to what happens to us; it is due to what happens within us. Significant are the words of Oliver Cromwell, a man who must have faced dangers and difficulties almost every day: "I bless God [that] I have been inured to difficulties and [that] I never found God failing when I trusted in Him." If only we learn to trust in Him, in all situations and circumstances of

life, no disappointment or depression can touch us.

The person who has learnt the art of living draws from the trials and tribulations of life the strength he or she needs to serve God and His suffering creation. Difficulties, disappointments melt away before a person who has a cheerful disposition.

A significant story tells us of how the devil announced that he was going out of business and that he would sell his tools at a discounted price.

The tools were attractively displayed. They included self-love, egoism, sensuality, hatred, wrath, greed, envy, jealousy, passion for power, etc. There was, however, one tool that appeared to be much worn out. The devil was not prepared to part with it except for an exceedingly exorbitant price.

Some asked him: "What is that?"

The devil answered: "That is discouragement and depression."

"Why is it priced so high?"

"Because, to me, it has proved to be the most useful. When all other tools fail, I can, with this single tool, pry open the heart of a person and do my work. If only I succeed in making someone feel discouraged, disheartened, dejected, I can make that person do what I like. I have used this tool on almost every person, that is why it is so much worn out."

It has truly been said that "the devil has two master-tricks." One is to get us discouraged; then, for some time at least, we can be of no service to others, and so we are defeated. The other is to make us doubt, thus breaking the faith link by which we are bound to God. Look out! Do not be tricked either way!

Therefore, laugh and smile all the while! Laugh your way to health, happiness, harmony, prosperity and peace! "Which is the most important of the five senses?" I was asked. "None of them," I replied, "but the sixth sense, the sense of humor." ■

—from EAST AND WEST Series, No. 405, June 1991



YOGAVILLE PROGRAMS: FALL-WINTER 1991

November 1-3

RAJA YOGA WEEKEND

Learn how to maintain your peace, overcome negativity, realize your fullest potential, and, ultimately, transcend all limitations.

November 22-24:

THE COMPLETE MEDITATION WORKSHOP

This workshop offers complete instruction in a variety of meditation techniques. Designed for beginning and experienced meditators.

December 6-8

DHARMA AND KARMA

Explore how your actions and their results, *karma*, impact on your spiritual search and learn how to attune your actions to the path of Self-knowledge, *dharma*.

December 27-January 1

NEW YEAR'S SILENT RETREAT

Intensify your awareness and experience new and transformative insights through meditation, physical postures, breathing practices, deep relaxation, and the power of silence.

February 1-March 1

BASIC TEACHER TRAINING

Learn how to teach Hatha Yoga Beginners I while you refine your own practices of asana, pranayama, meditation. Also, classes in yogic diet, anatomy and physiology, and Yoga philosophy.

For more information write:

Programs Department

*Satchidananda Ashram-Yogaville
Buckingham, Virginia 23921*

or call:

(804) 969-3121

In Memoriam —



Mr. Rajiv Gandhi, who became prime minister of India in 1984, at the age of 40, was one of the youngest elected heads of government. Grandson of Pandit Jawaharlal Nehru, Mr. Gandhi became India's seventh prime minister hours after the assassination of his mother, Mrs. Indira Gandhi. A sincere, open, and charismatic man, he served as prime minister until 1989. Mr. Gandhi was assassinated on May 24, 1991, while campaigning for re-election to the office of prime minister.

The following letter of condolence was written by Sri Gurudev to Mrs. Sonia Gandhi, Rajiv Gandhi's wife.

Dear and Respected Mrs. Gandhi,

Warmest blessings and heartfelt condolences.

It was with great shock and sadness that we learned of the passing of our beloved Rajiv Gandhi. Please accept all our prayers and sympathies for your loss.

A selfless servant as well as royal heir of the dynasty whose very essence has been given to the creation of one of the greatest republics in the world, now our beloved Rajiv has joined his revered Grandfather and Mother in giving his very life for this nation which they loved and so greatly served.

This is a great loss not only to you, your family, our Motherland, and the world, but also to the cause of peace and harmony that great people like Panditji, Indiraji and Rajiv lived and died for.

Daily, at our Ashram here in the U.S.A., we are conducting prayers for the peace of Rajiv Gandhi's soul, for you, for your children's comforting, and for the resolution of all the strife tearing at the heart and soul of India itself. We pray that the time may come soon that the vision of our great leaders will be fulfilled and we will see India united in the spirit of Vasudhaiva Kutumbakam.

God bless you and may peace be with you. Om Shanthi.

Ever Yours In the Lord,

*Swaran
Satyadasam*

Mrs. Gandhi's reply:

Dear Shri Swamy Satchidananda,

"Fate slew him, but he did not drop;
She felled - he did not fall -
Impaled him on her fiercest stakes -
He neutralized them all.

She stung him, sapped his firm advance
But, when her worst was done
And he, unmoved, regarded her
Acknowledged him a man"

E. D.

Your words of solace in our moment of grief have touched us deeply. Rahul and Priyanka join me in expressing our gratitude to you.

Srip. Gandhi

P E A C E

FOR THE GODS

Written in A.D. 384 by the Roman senator Symmachus (who was a pagan) to the Christian Emperor Valentinian II, pleading for the continuation of pagan ceremonies as one faith was declining and a new one arising.

Man's reason moves entirely in the dark; his knowledge of divine influences can be drawn from no better source than from the recollection and the evidences of good fortune received from them. If long passage of time lends validity to religious observances, we ought to keep faith with so many centuries, we ought to follow our forefathers who followed their forefathers and were blessed in so doing... And so we ask for peace for the gods of our fathers, for the gods of our native land. It is reasonable that whatever each of us worships is really to be considered one and the same. We gaze up at the same stars, the sky covers us all, the same universe compasses us. What does it matter what practical system we adopt in our search for the truth? Not by one avenue only can we arrive at so tremendous a secret.

—From "Roman Letters: History From a Personal Point of View"
by Finley Hooper and Matthew Schwartz.

THE DHARMA OF DEBT

by Hari Barker

"Let us live within our means, even if we have to borrow the money to do it." Thus spake American humorist Artemus Ward over a century ago, satirizing our country's large and growing volume of debt. But at that time the trend was really just getting started. Of course, the underlying cause is the increasing restlessness and impatience which is today practically a hallmark of our culture. More and more, we expect instant gratification in all things; hence, both as a nation and as individuals, we continue blithely setting new records in debts of all kinds. Even from a secular viewpoint, such behavior can be threatening enough; but on the spiritual path the pitfalls are even greater.

For Yoga students, the problem is simple and unequivocal: **debt disturbs the mind.** Its effects at the unconscious level, and sometimes on the conscious plane as well, are as unsettling and confining as its financial synonym "bond" so clearly implies. Thus, borrowing generally tends to compound and magnify the restlessness that probably led us into debt in the first place. At heart, most Yoga students no doubt recognize this, but the "buy now, pay later" American marketing slogan constantly chanted by our mass media has generated some potent effects; and unless we are vigilant, even aspiring yogis may, as Sri Gurudev has warned, slip from a lifestyle of "simple living and high thinking" into one of "high living and simple thinking."

Well then, is there a proper role for credit in the spiritual life? It would seem so; in certain situations, for certain people, borrowing may be a less unsettling alternative than the problems refraining from borrow-

ing would impose. Some possibly beneficial uses of credit might be to meet unexpected emergencies, reduce costs of existing bills, secure tools for employment, finance education, purchase a home, help set up a business, or perhaps even to help out a friend. But it's important that all the costs, both financial and psychological, be fully recognized.

In the early stages of Yogaville, Sri Gurudev expressed support for our plans to establish a credit union. But, in giving advice on questions of personal debt, he generally discourages it. Often, he will quote the Indian poet, Valmiki, who, in his epic poem, the *Ramayana*, describes how the warrior Ravana, when injured in battle, was so distraught that "his mind shook like a debtor's."

But if an unsteady mind is the most basic affliction of a debtor, the effects that follow are often more visible. One such consequence cited by Shakespeare is that ". . . borrowing dulleth the edge of husbandry." In other words, excessive use of credit can artificially insulate a borrower from appreciation of the true costs of things, which leads to even less efficient use of resources. John Ruskin contended that "borrowers are nearly always ill spenders, and it is with lent money that all evil is mainly done and all unjust war protracted." Disraeli called debt "a prolific mother of folly and crime."

How to avoid such problems? A pence of prevention is worth a pound of cure; before signing any note, we can take note: "What will be the full, true effect of this loan?" Will it really help, or just provide

some temporary satisfaction or relief at the cost of more long-term stress and trouble? Then, if we do decide to borrow, it will pay us to seek out a lender we can trust, someone more concerned with making the loan a real service to us than with maximizing his profit. Such a person will encourage us to borrow only the necessary amount, for as short a term as we can comfortably handle. He will do everything he can to see that we are spared the constant need for excuse making, the embarrassing challenges of our sincerity, and the perpetual "wet blankets" on our joy that are always the bane of the delinquent debtor. In sum, his every action will be aimed to help us follow Emerson's sage and simple counsel: "Wilt thou seal up the avenues of ill? Pay every debt, as if God wrote the bill."

But what if our debts do get out of control? We may find our problems compounding even faster than the interest. How best to correct this "dis-eased" situation? Excessive debt is usually the result of excessive consumption; what type of program would a good medical doctor follow in treating the disease of "consumption?" An enlightened physician usually puts primary emphasis on the "natural path;" the patient is placed in a controlled, healthy environment, with plenty of fresh air, water, nourishing natural foods, and rest. Only if the illness has become so advanced that such

remedies can't do the job does the doctor turn to more radical treatments, such as drugs. Similarly, in treating the *financial* "consumption dis-ease," credit should be regarded as a kind of drug, a powerful, frequently addictive one, with troublesome side effects, to be used sparingly, generally as a last resort, and even then, only in combination with more natural remedies. These might include "fasting" from new spending, or at least going on a controlled financial "diet," free of unwholesome indulgences, along with adapting a more natural and stress-free "pay as you go" lifestyle.

To summarize then: in questions of borrowing, as in all other matters, we owe it to ourselves to follow Sri Gurudev's yogic approach. As much as possible, let us stick to the sound and simple "pay-as-you-go" strategy by which he guided the building of LOTUS and our Ashram. Let us



Hari Barker resides at Yogaville and is President of the Yogaville Federal Credit Union.

practice regular meditation to calm the restless and impatient mind. And let us remember, always, his most fundamental teaching: "Peace is your birthright; protect it at any cost." Surely, this is one cost best not met with borrowed money. ■

VIDYALAYAM CORNER



HATHA YOGA AND HEALTH

by Sharada Bowyer

Over the past three years, Hatha Yoga postures and pranayama have helped me improve my health.

When I was about seven years old—I'm now eleven—I started gaining weight. At that time, I ate a lot of fattening foods like cookies, icecream, cakes, white bread, a lot of meat, and not too many vegetables. My entire meal was fattening and not very nutritious. At the same time, I didn't like myself, because I thought I didn't look good; and kids teased me about my weight. Also, I didn't feel clean inside, and I didn't look clean outside—at least I didn't think so.

Another problem that I had was headaches, which I had quite often. Sometimes, I would feel dizzy and, sometimes, I would get sick from feeling dizzy. My head would hurt so badly that I would start crying.

Fortunately, on June 27, 1988, I came to live with Annam and Atman Johnson at Yogaville. I weighed about 135 lbs. at that time. About a month after I came, I began to stop eating meat and started eating more nutritious food. About a week after that, I started learning how to do Hatha Yoga and continued doing it pretty frequently. Then, in 1990, I became a student at the Yogaville Vidyalayam. There, I began to practice Hatha every day, and I also learned pranayama, the breathing practices. I'm happy to say that I am now losing weight. I've lost 18 lbs. so far. My goal is to lose at least 20 lbs. more. And with Sri Gurudev's guidance, I will do it! The headaches have gone away, and I feel very good about myself. I see that I'm getting healthier and healthier day by day.

I want to thank Sri Gurudev for all his help and his blessings and for bringing me to Yogaville. Om Shanthi. ■

Guru Poornima: A Silver Anniversary

Saturday, 27 July - Sunday, 28 July, 1991
by Kumari de Sachy

While every Guru Poornima celebration is auspicious, this year's commemoration was singular, marking the twenty-fifth anniversary of Sri Gurudev's service in the United States, as well as the fifth anniversary of LOTUS.

Saturday Morning: Twenty-five years of loving service

Festivities began on Saturday morning,



Children sprinkle flower petals at Sri Gurudev's feet as he enters Sivananda Hall to begin the Guru Poornima celebration.

July 27, with the offering of chants to Sri Gurudev by the Vidyalayam students. After a beautiful ecumenical worship service, Amma Kidd gave a loving tribute to Sri Gurudev, and Maitreyi Andre presented Gurudev with an exquisite garland, decorated with many significant symbols, including those of LOTUS and various faiths, and a magnificent silver crown and scepter. Each of us had the opportunity to express our love and devotion by offering flower petals at Gurudev's feet. Gurudev was also presented with a beautiful card, covered with photographs of the *sangha*. Many *prasad* offerings were presented, including donations for the production of a pictorial biography of Sri Gurudev, a bright new Yogaville flag that will fly at LOTUS, a Hatha Yoga audio tape in Japanese, a video and audio collection of the *Living Gita*, the *Integral Yoga Kirtan Booklet* transliterated into Tamil and printed by Swami Lalitananda in Coimbatore, India, and a Silver Anniversary commemorative plaque.

At the close of the morning program, Sri Gurudev gave us all the gift of his wisdom as he spoke to us of "faith." He reminded us that the Bible says that if you have an ounce of faith the size of a mustard seed, you can move mountains and that in the *Bhagavad Gita* Lord Krishna talks about faithlessness, advising us that a person who invites doubt is ready to ruin his or her life. Faithlessness ruins one's life, warned Gurudev, while faith elevates one's life. That is the essence of all religions; the main



Vidyalayam students offering chants to Sri Gurudev.

ingredient behind all scriptures and rituals is faith. The point here, continued Gurudev, is that it is *your faith*. No matter where you put that faith, you will grow, you will get the benefit.

Gurudev acknowledged that the most difficult job is to see God as a person, and that's why even the scriptures say that worshipping deities in different forms is alright but that worshipping a guru or a human being as a teacher goes beyond the worship of deities. Why? It's easy to worship a statue or picture of Lord Siva and to meditate, no matter what your thoughts may be or no matter what you offer—rotten fruit, a withered flower. But, you can't do that to a living guru. In fact, if you make even a little, silly mistake, he or she will correct you. It's very difficult to follow someone who gives constant correction. And it isn't that the guru is greater than God, but rather it is the devotee.

To see God in a person, Gurudev explained, when that person doesn't remain the same all the time, when he or she sometimes looks like a crazy person, sometimes like a little child, with different

moods, is very difficult. You get confused. Could that really be a guru? We all have our imagination of what a guru should be like, and if you don't see him that way, you drop him. So, you get many opportunities to get your faith shaken, and if you can develop that kind of faith, you are easily led to the Great Kingdom. But, faith cannot be there without total control of the mind, and that is the essential, fundamental goal of all these rituals and practices. This is the guru's job, to remove your delusions, to clean up your mind. That is why a special Full Moon Day is dedicated to worship of the guru.

In conclusion, Gurudev recommended: "Today, let us reaffirm our faith in that Supreme God and the way that God presents Itself. See God in all forms and names, and you'll be able to revere God in all approaches. Let this memory of today's expression of seeing God in all forms and names permeate our entire life, which can become more peaceful, more joyful, and we can share this with one and all. All other achievements in life are tuppence without this basic experience."

"What is your first and foremost goal?"



Celebrants light their candles from the central light during the ecumenical worship service.

To seek the kingdom of God. When you get this, everything else will simply be added unto you. You don't have to ask for it. Our primary goal is to experience that Oneness, Supreme Spirit, which is only possible when you realize that you are that Supreme Spirit. Know that we are that image of God, that essence expressing itself in many forms. Let us keep this Truth in mind and apply it to all our actions."

Saturday Evening: A transformative influence

A joyful evening of tributes and entertainment was ushered in with the superb chanting of Prema Venugopalan and a memorable offering by the Vidyalayam students of Tamil songs that were sung by Sri Gurudev when he was a child. Drs. Marilyn and John Rossner of the International Institute of Integral Human Sciences in Montreal,



Hundreds of devotees offered flowers petals in honor of Sri Gurudev.



Maitreyi Andre brought special gifts from Mexico, which were presented to Sri Gurudev.

Peter Max, well-known artist from New York, and Sri Swami Shivapremananda, one of Gurudev's brother monks, all paid tribute to Gurudev, sharing their experiences and feelings, as well as anecdotes illustrating the transformative influence that Gurudev's teachings have had on their lives and the lives of countless others during his twenty-five years of service in the West.

Swami Shivapremanandaji, whose headquarters are now in Argentina, lived at the Divine Life Society headquarters in Rishikesh during the time that Gurudev was there. Swami Shivapremanandaji affirmed that Sri Gurudev represents the finest qualities of Master Sivananda: generosity of heart, forgiveness, kindness, tolerance, patience, and the ability to elevate devotees. He commented that he doesn't know of any other of Master Sivananda's disciples who has given such a concrete form to the ecumenical spirit embodied in Master Sivananda's teachings, especially seen in the design of the LOTUS. He noted that future generations will be inspired by the symbol of LOTUS, predicting that in decades and centuries to come, many will copy this Shrine.

After an inspiring and love-filled evening of tributes, a slide presentation, songs and dance, we all joyfully shared *prasad*, a beautiful anniversary cake commemorating the Silver Anniversary of Sri Gurudev's twenty-five years of loving service in the United States.

Sunday Morning: The embodiment of the ecumenical spirit

Everyone gathered at LOTUS on Sunday morning to celebrate the fifth anniver-



Sri Gurudev displays the new video/audio collection of the Living Gita from Shakticom.



Ganesh MacIsaac has just presented Sri Gurudev with the newly released Guru Gita tape.

sary of the Light Of Truth Universal Shrine. Sri Gurudev, honored guests, and celebrants representing the various faiths led a procession around the Shrine, three times, and then each celebrant made an *abishekam* offering that was poured into a large vessel. Guruda Buss, President of Eagle Helicopters of New York, brought one of his helicopters and served as pilot, flying over LOTUS as Gurudev poured the *abishekam* from the helicopter over the Shrine's cupola, just as

he had done five years before, during the dedication of LOTUS. After the *abishekam* offering, everyone proceeded into the Shrine and gathered together upstairs in the Sanctuary, where celebrants garlanded the altars representing the various faiths. Before leaving the Shrine, we all meditated, along with Sri Gurudev, silently offering our gratitude for having been blessed with the gift of our beloved Master, the wisdom he so lovingly shares with us, and for LOTUS, the



Sri Gurudev admires the "tasteful" silver anniversary cake created by Yogaville's kitchen mother, Karuna Lucas.



Sri Gurudev with H.R.H. Eze Emmanuel Nwankwo, the Eze Udo 1 of Umungwa/Amanze, Obowu Imo State, Nigeria, and Rev. Paraman Emenogu after an enlightening talk by H.R.H. Eze Udo 1 and a beautiful Nigerian ritual dance by Rev. Paraman.

embodiment of the ecumenical spirit that informs his teachings, his service, and his life.

Sunday Evening: A shower of love

With all the love, joy, and talent pervading the atmosphere and filling our hearts, our cups were truly overflowing during the Sunday evening program. Swami Chidananda, Vice-President-Treasurer of Satchidananda Ashram and the evening's master of ceremonies, declared that not only has Sri Gurudev bestowed upon us ecumenism in religion, but he has also given us ecumenism in entertainment. We watched *Bharata Natyam* and African dance and listened to *bhajans* choir music, a Chinese piano composition, and "ethnic jazz" piano and percussion music, which was so irresistibly uplifting, that many people literally jumped for joy, dancing spontaneously to the lively rhythms of Eastern Europe. Laughter also rang through Sivananda Hall as Swami Murugananda delighted us with his unique—often hilarious—insights and observations of life.

During the evening, we also had the opportunity to meet His Royal Highness Eze Emmanuel Nwankwo, the Eze Udo 1 of Umungwa/Amanze in Obowu Imo State, Nigeria, who came to visit one of his "sons," Rev. Paraman Emenogu, who is present-



Sarah Petronio, Padmarani Rajakumar, and Lila Petronio have fun creating a unique integration of Western and Eastern dance styles as they combine tap-dancing and Bharata Natyam.

iding at Yogaville with his daughter, alya. The Eze, who is successor to His Royal Highness Eze Chijioke Emenogu, the aome 1 of Umungwa and Paraman's cle, expressed his gratitude for having the opportunity to come to Yogaville, remarking that his impression is so favorable that he would like to see a Yogaville created in own country.

At the conclusion of this enchanting Guru Poornima weekend, Sri Gurudev offered the following message:

"It's really 'far out!' I'm seriously asking God to keep me here for another twenty-one years. You've literally given me an opportunity to see your hearts. I thank the Lord for putting me in your midst as His humble servant. These two days have verily brought the entire world together: all the various talks, music, dancing. Just imagine, for a minute, how it would be if the whole world were like this. I see that God has really made it possible for Yogaville to be a heaven on earth, and that's what these two days have been. I'm very proud of you

"This shower of love seems to have energized every cell of my being. As you know, people don't grow from food alone. The best way to make someone grow is to pour out unconditional, childlike love, and I am literally bathing in that now. But, a little while here and there is worthwhile, and you have given me the opportunity to look into my heart to see how I can balance my life. I hope and wish that I can be a good example. I don't believe in using words; preaching doesn't bring good things. I want to be a good example.

"I sincerely, wholeheartedly, thank you, my Lord and all the great Masters. May their choicest blessings on you all, that you can remain in total health and happiness to serve the Lord the way He wants."

Although Sri Gurudev presented his closing message, there would be one more event to celebrate. After the evening program, everyone assembled at Chidambaram to view and to dedicate a new statue of Sri Gurudev. The statue, a gift to Satchidananda Ashram-Yogaville from the New York Integral Yoga Institute, was made by Locan Das (Lawrence Heyda), a devotee of Srila Bhaktivedanta Prabhupada. Locan Das is a nationally recognized sculptor who has been commissioned to do a bust of former President Ronald Reagan; he recently completed one of Nancy Reagan. Locan Das is committed to creating the most life-like resemblance possible, and he put his heart and soul into the production of this statue. A puja was performed, and everyone had the opportunity to offer flower petals at the feet of this remarkable statue of our beloved Master. ■

In his closing words, Sri Gurudev reflected the love and gratitude shared by his devotees, bringing to an end this glorious occasion. But, as Gurudev's Light shines eternally in our hearts, so will the joyfulness of this event live forever in our memories.



Hundreds of devotees came to celebrate the fifth anniversary of LOTUS. Here Sri Gurudev leads the procession to the Shrine.

THE EARTH'S



TRUTH

My name is Adele Ambha Attix. I'm nine years old and attend Live Oak School in Francisco, California. I would like to tell a story.

A long, long time ago, the Earth was very beautiful and friendly and cared about her creatures. And the creatures cared about her.

On her left hand, she wore a bracelet of people. She wanted her life to be like this—birds, airplanes, and kids having fun. So, there she was floating in the middle of the universe, holding her babies.

Her egg was very colorful, until one day she started to sneeze and cough. She was very sick. Pluto cared about her and decided to help. The Mother Earth asked who was making her sick, and Pluto said it was her babies. She started to cry and wonder, "Am I this horrible?"

She thought her babies didn't care about her, but they did. She was wrong. And the babies are us, and we should help her.

The End

Swamiji, The Peace I See

by Judy Korte

Swamiji, the peace I see eludes me
now and then.
One wave of silence seems to be
behind the forms of men.
I move and wait and meditate to find
the inner key.
Perhaps to look is not to find—let's have
a cup of tea.

The search begins again, again
With frantic intensity.
I had a glimpse—more, more, more now!
No, wait. Relax. Just be
Slow down your pace, refine your grace,
Breathe deep, and silently.
To end the day a pleasant way, let's find
a smiling tree.

A bumble bee jumped off the tree,
greeted me, said that we
Would have a race and get there fast,
A contest, she and me.
A race? Get where? I'm going where?
I wonder. . .could it be?
Did Swamiji once say "herenow" and leave
the rest to me?

I thought a thought and then sat down,
and watched the breezy leaves.
There is no where or futurepast to
trap my energy!
I stretched out long against the tree,
The grass good company.
Beyond my mind a feather floats
and touches to the sea.

DAY-BY-DAY

WITH SRI GURUDEV

Montreal: Make your mind neutral and pure

Sri Gurudev served as honorary patron of the International Institute of Integral Human Sciences Conference, "Perestroika, East & West & The New Sciences of Consciousness & Healing," organized by Pro-



Amidst participants of the International Institute of Integral Human Sciences Conference, "Perestroika, East & West & The New Sciences of Consciousness & Healing," Sri Gurudev greets conference organizer, Professor Marilyn Rossner.

fessors Marilyn and John Rossner. The purpose of the conference was to "bring together . . . for the first time, a number of pioneer scientists, saints, and scholars in the new sciences of consciousness and healing from East and West: Medical doctors, psychiatrists, psychologists, anthropologists, educators, and spiritual leaders. . .from behind the former Iron Curtain. . .the Soviet Union, Czechoslovakia, Poland. . .with their professional counterparts from Western Europe and the Americas." The conference, with a few thousand people participating, was held from May 17-19.

Sri Gurudev opened the conference on Friday evening with a special blessing, and on Saturday he spoke on "Self-Realization as the Authentic Goal of the Sciences of Consciousness and Healing." During his talk, Gurudev remarked that "we are all basically nature divine," that "we are naturally peaceful," and that "children show this natural peace and balance, so that we should become like children." He also advised: "Make your mind neutral and pure, then you will become a healer—and healed." The fundamental principle, Gurudev noted, is to eliminate the "I," "me," "mine."

Also taking part in the conference were Rabbi Joseph Gelberman, President of the New Seminary in New York City, and long-time friend and colleague of Sri Gurudev; and Dr. Anna Galovicova, a leading Czechoslovakian psychologist, Director of the Government Cultural Centres in Slovakia, an expert in Yoga therapy and Eastern mysticism. Dr. Galovicova, who also introduced Yoga into public schools in Czechoslovakia, was delighted to meet Sri

Gurudev and would like to organize a visit for him to Czechoslovakia.

On Sunday morning, Sri Gurudev visited the Satya Sai Baba Temple, where he gave a short talk. In the afternoon, Sharanya and Abraham Wexler hosted a luncheon at their home for Sri Gurudev and the Montreal devotees. Approximately thirty-five people attended, including Dr. Anna Galovicova and Heyward Coleman, a famous Mime-Yogi, who offered a delightful performance. On Monday, Sri Gurudev visited the Venugopalans, where a *pada puja* was performed and a group of Prema's Bal Vihar students led the guests in some lovely chanting.

—Raamy Brown

Maryland

On April 21, the Murugan Temple in Lanham, Maryland, sponsored a lecture by Sri Gurudev entitled "Hindusim in Daily Life." His Holiness Kundrakudi Adigal also blessed the function.

—Swami Premananda

New Jersey

Middlesex County College in Edison, New Jersey was the site of "The Festival of India," a huge cultural event sponsored by the Cultural Heritage of India and disciples of Sri Pramukh Swami Maharaj. On July 12 and 13, several thousand people attended Gurudev's talk, "The Magnanimity of Hinduism."

—Swami Premananda

Virginia

On August 2, at the Omni Hotel in Charlottesville, Sri Gurudev was the keynote speaker at the annual PSI Conference, organized by Rosalind McKnight. Gurudev addressed the topic of discovering one's inner peace, reminding everyone that peace is within, that it is not something to be acquired or found outside ourselves, but that peace is in fact our true nature.

Inspired by Gurudev's words, the audience responded with a standing ovation at the end of the talk.

—Kumari de Sachy



Sri Gurudev joins H.H. Pramukh Swami Maharaj, H.H. Muni Sushil Kumar, Sri Swami Chinmayananda, Swami Chidanandaji, and other dignitaries at the Festival of India in Edison, New Jersey.

SPECIAL EVENTS AT YOGAVILLE

Bharata Natyam Dance Camp: Discipline, dedication, devotion

For the third year, Satchidananda Ashram-Yogaville and the Fine Arts Society had the honor of hosting our beloved Sri and Srimati Dhananjayan, famed Bharata Natyam dancers and teachers from Madras, India, and their thirty students, many of whom were returning to camp for the third year.

Camp began on June 22 and concluded on July 20 with an impressive graduation program. Sri Dhananjayan opened the program with an expression of gratitude to Sri Gurudev for making available to students the physical and spiritual education of Bharata Natyam and to the Fine Arts Society Director, Mrs. Amma Rasiah, and teacher, Padmarani Rajakumar, for organizing and coordinating the camp.

Following this tribute, students demonstrated Yoga asanas and offered graceful—

and skillful—dance presentations. After their performance, the children presented Sri Gurudev with a garland and with a memento of their gratitude. Sri Gurudev, in turn, presented the students with certificates, closing camp with his blessings and these words:

“This evening is proof of what dedication can bring. The entire camp was a sort of worship—where the heart functioned—and that's why we can say that the camp was a great success. I wish that every retreat, every camp would be filled with that kind of feeling.

“Dance is only an excuse. For, in the name of dance, they are learning how to make the entire life a dance, how to make the whole life rhythmic. Coordination comes with discipline, dedication, devotion. I really feel that Yogaville is blessed with these children, these teachers, and all who are involved in the camp. Let us make the whole world a dancing stage. Let us all learn to dance to His or Her tune. That's my ultimate wish!”



Teachers and students of the 1991 Bharata Natyam Summer Camp and the Fine Arts Society of Yogaville take time to pose with Sri Gurudev after their exhilarating graduation program.

dependence Day: The real victory

July 4, 1991 was filled with fun and joy for all. The day's festivities began in the morning with a procession into Sivananda Hall by Yogaville's Girl Scouts, who also sang "My Country 'Tis of Thee." Shanthi Levy read the July 4th entry from *The Golden Present*, and following the morning program, everyone—young and old alike—joined Sri Gurudev for a breathtaking, memorable hot air balloon ride in the field near LOTUS.

To cap this wonderful day, The Stewart family (Meera, Sanjay, and Lakshman) offered a special fundraising concert to benefit the Vidyalayam. Sanjay, joined by Meera, sang songs of freedom, reflection, and surrender. Their son, Lakshman, made his debut on the bass guitar and gave a talk on what it means to be free, wisely observing that "to be independent means being dependent on God."

Sri Gurudev blessed us with a closing message. He explained that real freedom is not obtained by doing this or that or gaining victory over countries. For example, said Gurudev, the Independence Day Parade seems to represent victory over other countries or victory in war, but that isn't the real victory. The real victory to be won is over one's own mind. Until one is victorious in subsiding the monkey, devilish mind and exercising mastery over it, one can't be free, that is, free from selfish desires.

Gurudev continued: "Victory over the mind is called liberation, renunciation, salvation, but no one is free until one frees oneself of one's mind and senses. When that happens in one's life, then he or she is fit to do great things in the world, and because of such people, the world has found peace, comfort and joy." Gurudev noted that all saints and sages have controlled their minds and senses to use them for the benefit of all creation and that only when we have this here, can we say that we are the greatest, happiest, most peaceful country. Then, we won't need any judicial system, police, or

locks on our doors.

So, urged Gurudev, we have to think and to see how we can change life in our humble way, beginning with ourselves, and only then can we really celebrate Independence Day. He advised: "Let us begin with our own, individual lives, because you can't help others until you help yourselves. That is why we gather together, because it's difficult to develop this capacity on our own. Let's put all our effort to make sure that we gain self-mastery. That is what you call religion or Yoga. Real independence means real religion, real yogic life, and let us not stop marching until we reach that goal."

Teacher Training Graduation: Keep us ever in your light

This summer's month-long Teacher Training Program concluded on July 19. The staff—Swami Asokananda, Rev. Durga Glasson, Ram Wiener, Manorama Smith, Steve Willig, Swami Hamsananda, and everyone who served—did an excellent job seeing the TTs through their training. TT graduation was lovely. The new teachers spoke about their experiences during the program, shared their thoughts and feelings, and expressed their gratitude. They also offered some beautiful songs, one of which included the refrain, "Gurudev, bless us, keep us ever in your light;" everyone joined in singing these heartfelt words. And Sri Gurudev responded with the following message:

"Patanjali says that whoever gets into the sea of Yoga—young, old, sick, rich, poor—will, absolutely, come out completely young in every respect. It's the best rejuvenation, bringing you back to your original peace and ease. The knowledge and benefit is not new; it is already in you, latent within. The obstacles have to be brought up and removed. That's what is happening during TT; Teacher Training gives you the way to get rid of obstacles and to bring back your original glory: ease and peace. The whole world can experience this now, not just a

few renunciates, as in the past. The teachings are now spreading all over the globe—a global Yoga family.

"Moreoever, whenever anyone learns to teach, he or she teaches to learn. You have to act like good yogis. When you go out as

yogis, the world looks at you as good yogis, and you have to live up to that. Then, you just live it, and people come to learn it from you, sometimes without your even knowing it. The yogic Light in you is the *Shakti*." ■

—Kumari de Sachy



Graduates of the Teacher Training program express their heartfelt gratitude through song.



Subscribe to INTEGRAL YOGA Magazine

Yes, I would like to receive Integral Yoga Magazine: 1 2 yrs.

Name _____

Address _____

City _____ State _____ Zip _____

This is a gift subscription from: _____

Please enclose \$12 for each year's subscription (\$18 outside the U.S., \$24 airmail), payable in U.S. funds to: Integral Yoga Magazine, Yogaville, Buckingham, VA 23921



The continued publication of Integral Yoga Magazine is made possible

"The real victory

to be won

is over one's own

mind."

-Sri Gurudev

**INTEGRAL YOGA
TEACHING CENTER**
200 W. 72 St.
New York, NY 10011
(212) 721-4000

*'The main ingredient
behind all scriptures
and rituals is faith.'*

-Sri Gurudev

FEATHER RIVER COMPANY
Natural Cosmetics, Body Care,
Herbs, Ginseng
133 Copeland
Petaluma, CA 94952

**INTEGRAL YOGA
INSTITUTE**
770 Dolores St.
San Francisco, CA
(415) 821-1117

**LIGHT OF LOTUS
GLASSWORKS**
Dillwyn, Virginia

*"Let
God's will act
through you."*

-Sri Gurudev

INNER MUSIC
9 Prince Philip Blvd.
Scarborough, Ontario
CANADA M1E1H8
(416) 261-9051

*"Faith cannot be there without
total
control of the mind."*

-Sri Gurudev

**INTEGRAL YOGA
NATURAL FOODS**
3016 West Cary Street
Richmond, VA (804) 353-1084

*"You can't help
others until
you help yourself."*

-Sri Gurudev

**INTEGRAL YOGA
NATURAL FOODS**
923 Preston Avenue
Charlottesville, VA
(804) 293-4111

by the generous contribution of these groups and individuals.

*"Victory over the mind is called
liberation, renunciation,
salvation."*

-Sri Gurudev

**INTEGRAL YOGA
TEACHING CENTER**
Rockford, Chicago
(708) 679-5091

"You are what you think"

-Sri Gurudev

**YOGAVILLE FEDERAL
CREDIT UNION**
Satchidananda Ashram
(804) 969-3121

*"The best way to
make someone grow
is to pour out
unconditional,
childlike love."*

-Sri Gurudev

**INTEGRAL YOGA
NATURAL FOODS**
229 W. 13 St.
New York, NY 10011
(212) 243-2642

*"What is your first
and foremost goal?
To seek the
kingdom of God."*

- Sri Gurudev

**INTEGRAL YOGA
INSTITUTE**
227 W. 13 St.
New York, NY 10011
(212) 929-0586

*"Know that we are
that image of God, that essence
expressing itself in many forms."*

-Sri Gurudev

**SOLSTICE
ON THE WATERFRONT**
Handcrafted Jewelry and Gifts
Pier 55, Seattle, WA

*"Purity is the
pathway to the
Kingdom of God."*

—Master Sivananda

**SURREY INTERNATIONAL
NATURAL FOODS**
85 Ridge Road
North Arlington, NJ

SATCHIDANANDA ASHRAMS

IRGINIA, U.S.A.: Yogaville, Buckingham 23921 (804) 969-3121
 I LANKA: Satchidananda Thapovanam, Tekawatte, Tennekumbura, Kandy OP-22392
 USTRALIA: Buchan, Victoria 3885 (051) 550-275

INTEGRAL YOGA® INSTITUTES* AND TEACHING CENTERS

Z	RIZONA	O. Box 775, Sedona 86336	(602) 282-5621
A	LIFORNIA	73 Pacifico Way, Cypress 90630* (714) 527-5819	
	2 Cathedral Dr., Aptos 95003 (408) 688-9179		
	68 Las Canas Rd., Santa Barbara 93105 (805) 682-6871		
	07 A 20th St., Santa Monica 90405 (213) 452-5815		
	0 Dolores St., San Francisco 94110* (415) 821-1117		
	O. Box 1524, Ross 94957 (415) 821-0525		
O	OLORADO	2 S. Wisconsin St., Gunnison 81230 (303) 869-5884	
	80 Hawthorn Pl., Boulder 80304		
A	WAII	O. Box 282, Captain Cook 96704 (808) 322-3887	
	ILINOIS	20 W. Farwell Ave., Lincolnwood 60646 (708) 679-5091	
	ASSACHUSETTS	50 Slade St., Fall River 02724 (617) 673-9535	
	Asticou Rd., Jamaica Plain 02130		
E	EW HAMPSHIRE	O. Box 318, Durham 03824 (603) 868-1159	
	EW JERSEY	4 Broadway, Rte 4, Elmwood Park 07407* (201) 796-7585	
		1 Seaman St., New Brunswick 08901 (201) 545-7050	
E	W YORK	7 W. 13th St., New York 10011* (212) 929-0586	
		00 W. 72nd St., #41, New York 10023 (212) 721-4000	
H	IIO	85 Bryden Rd., Columbus 43205 (614) 252-0827	
	04 Pioneer Trail, Hiram 44234 (216) 569-7380		
E	NNESYLVANIA	O. Box 124, New Milford 18834 (717) 756-2932	
N	ENNESSEE	07 McKinley Rd., Johnson City 37604 (615) 929-0339	
	EXAS	07 N. Westberry, San Antonio 78209* (512) 434-1738	
		22 Logancraft, Dallas 75227 (214) 388-9438	
I	IRGINIA	O. Box 7034, Richmond 23221-0034 (804) 353-0251	
		41 Elkins Circle, Virginia Beach 23456 (804) 468-9531	
A	ASHINGTON, D.C. area	18 Lakeview Terr., Falls Church 22041 (703) 354-3072	
		0505 Monroe Ave., #202, Bethesda 20814 (301) 530-9081	
S	ASHINGTON (State)	18 N.E. 61st St., Seattle 98105 (206) 527-0975	
		51 S. Scatterhead Rd., Clinton 98236 (206) 221-3735	
U	STRALIA	Mary St., East Bairnsdale 3875 Victoria 03-787-6655	
	A	Alfred St., Norwood, Adelaide, South Australia 5067* (08) 318-993	
	B	Bamford Ave., West Meadows, 3049 Victoria	
E	LGGIUM	endermonde STWG 19, 9300 Aalst (01) 731-3874	
		Ave. des Lauriers Cerises, B 1950, Kraainem, Brussels	
R	MUDA	incombe Road, South Shore, Warwick	
		25 Park Ave., Montreal, Quebec H2V 4G9* (514) 271-1633	
		R. #1, Roblin, Ontario K0K 2W0 (613) 388-2446	
		Prince Philip Blvd., Scarborough, Ontario M1E 1H8 (416) 261-9051	
		66 Folkway Dr. #51, Mississauga, Ontario L5L 3M3 (416) 820-5804	
		93 Lakeshore Rd., Sarnia, Ontario N7S 3M3 (519) 542-5470	
		35 Green Vale Pl., Victoria, B.C. V8N 1S3	
	NGLAND	Roschill Road, Wandsworth, London SW18 2NV 01-871-1816	
		anthi Kutir, 2 Church Rise, Ryton, Tyne & Wear NE40 3DW 091 413 4425	
	RANCE	campagne Clot, Rue Des Kermess, Escallion, 83222 Toulon 91-46-35	
		Rue de Trevise, 75009 Paris 47-70-9825	
		Rue Scheffer, 75016 Paris * 45-53-5476	
	IDA	petipalayam 641 201 (Via Podanur) Coimbatore Dt., South India* 472-375	
		"Mura Villa" 20 Pycroft's Garden Rd., Nungambakkam, Madras* 472-375	
		Govindasinge Road R.S. Puram, Coimbatore 641002, Tamil Nadu	
		lavagam Ganapathy, Coimbatore, Tamil Nadu 641 006	
	ELAND	8 Sycamore Ave., Rathbane, Limerick 061-43954	
		o. 3 Sch. Rd., Box 2106, Diobu, Port Harcourt	
	IGERIA	ruham" Udduvil, East Chumakam	
		ruham" 46 Wayman Rd., Jaffna	
	VITZERLAND	ien St. 1, 9000 St. Gallen 071-9438-65	



Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of samadhi or super-consciousness.

Japa Yoga

The concentrated repetition of a mantram (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to it.

Hatha Yoga

Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas), to purify and strengthen the body and mind.

Karma Yoga

The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga

The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga

The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The Goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of: a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as crystal, and a life filled with Supreme Peace and Joy.

Swami Satchidananda
E.C.